

BENEFITS NEWS

An Information Publication for State of California Employees

State Employee Heart Walk

The 11th Annual State Employee Heart Walk and wellness fair will be held on Thursday, September 15, from 11:00 a.m. to 1:00 p.m. on the west steps of the State Capitol.

This event, sponsored jointly by the American Heart Association (AHA) and Department of Personnel Administration (DPA), is designed to promote physical activity and heart-healthy living in an environment that's fun and rewarding for everyone.

Participants are sponsored to walk one mile around the Capitol to raise funds for the AHA. The wellness fair will feature health screenings and a variety of health-related information. State health plan representatives will also be there.

Why Your Department Should Participate

For employers, poor employee health leads to lower productivity, lower morale, higher absenteeism, and higher insurance rates.

On the other hand, physically active people are less likely to develop many chronic diseases such as high blood pressure, type 2 diabetes, osteoporosis, and certain cancers. Coronary heart disease, the nation's leading cause of death, is greatly reduced with physical activity. And, physical activity helps us achieve and maintain a healthy weight and overall wellbeing.

Technology is great, but the downside is a decreased need for physical exertion. Half the day is spent at work with little reason to get up and move. Departments can improve morale and help employees take steps toward leading an active and healthy life by encouraging them to walk and attend this event.

The State Employee Heart Walk helps increase heart health awareness, offers information

about heart disease and stroke, and promotes walking as a beneficial physical activity.

Walking is good for the body and the mind – plus it's free and easy to do!

Get Your Department Involved!

You can register to walk as an individual, but we encourage you to form a department team.

The best way to do this is to designate a Team Leader at each worksite to promote the event and recruit walkers.

Team Leaders in the Sacramento area should contact AHA and speak with Jessica Gordon Jessica.Gordon@heart.org or Celia Cortez Celia.Cortez@heart.org at (916) 446-6505, to arrange for an orientation and a department rally as soon as possible. Departments outside of the Sacramento area may contact their local American Heart Association Corporate Events Director for information about events or opportunities in their area.

Terri Skondin, Statewide Health Promotion Program Manager at DPA, may be reached at Terri.Skondin@dpa.ca.gov or (916) 324-9398 if you have any questions regarding this event.

Be active and join us for the **State Employee Heart Walk on September 15**. Come learn about heart disease, get some exercise, work to fight our nation's number-one killer and help save lives - your heart will thank you for it!



Heart Health

Are you ready to be a **BetterU**?

Find out what you do – and don't – know about improving your heart health. Take weekly quizzes to test your knowledge about heart disease and learn how activity, diet, and lifestyle changes can affect your risk.

Learn more at **Go Red BetterU**: www.goredforwomen.org/betteru.



Get Outside for Some Physical Activity

Enjoy this time of year to get outside for a brisk walk or bike ride. Between family and work, it may be difficult to make time for yourself, but it is critical for your health. Regular physical activity will help keep your metabolism up, help you lose or control your weight, boost your confidence level and improve your mood.

Get heart-healthy tips, including ways you can be active at any age at www.goredforwomen.org/heart_healthy_at_any_age.aspx.

For more motivation and support, join the **Go Red BetterU** program at www.goredforwomen.org/betteru/.



Want help getting back on track with your diabetes?

Hill Physicians Medical Group is collaborating with UCSF on a new research study, supported by the National Institutes of Health, to help people with type 2 diabetes set and achieve realistic diabetes goals on nutrition, physical activity and taking medications.

The program is for adults with type 2 diabetes and their spouse or partner and is delivered entirely by telephone, at your convenience!

You will also be paid for before and after in-person assessments to help evaluate the program. These can be scheduled at a time and place most convenient for you.

For more information, please call 916-995-0260 or 866-774-7761

*This study is only available to those in the greater Sacramento area.

For More Information

DPA Benefits Division
(916) 322-0300

Dental Program
(916) 324-0866

Drug Testing Program
(916) 324-9386

**Employee Assistance Program
MHN (Managed Health Network)**
1-866-327-4762

FlexElect Program
(916) 327-6429

**Group Legal Services Plan
ARAG®**
1-866-762-0972

Group Term Life Insurance Plan
(916) 327-1092

Health Promotion Program
(916) 324-9398

**Long-Term Disability Insurance
Plan**
(916) 327-1092

Merit Award Program
(916) 324-0522

Pre-Tax Parking
(916) 324-0526

Savings Plus Program
1-866-566-4777
www.sppforu.com

SDI/FMLA
(916) 323-3343

State-Owned Housing Program
(916) 327-1439

**Travel & Relocation and
Vanpool Programs**
(916) 324-0526

Vision Service Plan
1-800-877-7195

**Workers' Compensation
Program**
(916) 445-9760

DPA Fax Numbers

Benefits Division
(916) 322-3769

Savings Plus Program
(916) 327-1885

Internet Address

www.dpa.ca.gov